

Purpose Well-suited for repeated use across the span of a study or treatment period, the scale evaluates the duration and subjective quality of an individual's previous night's sleep. The scale's 14 items query a variety of sleep-related issues, including sleep latency, restlessness, nighttime waking, and morning alertness.

Population for Testing The scale has been validated with patient populations between the ages of 15–80 years.

Administration A self-report, pencil-and-paper measure, the questionnaire requires between 5 and 10 min for completion.

Reliability and Validity In a psychometric evaluation conducted by Ellis and colleagues [1], the scale possessed a test-retest reliability ranging from .70 to .96. Additional research on the part of developers [2] supports the scale as a significant measure of change in sleep.

Obtaining a Copy A copy of the scale can be found in an article published by Ellis and colleagues [1].

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Scoring As the scale solicits both Likert-type and fill-in-the-blank responses, the scale's scoring process has not been standardized and will depend on the specific purposes of the research or clinician. Some studies select only one or two of the scale's items to focus on (e.g., sleep latency), while others make use of results obtained on the entire instrument. As a measure designed to detect change, a respondent's results are primarily relevant when viewed in relation to results obtained at different times or by different individuals.

St. Mary's Hospital Sleep Questionnaire

This questionnaire refers to your sleep over the past 24 hours. Please try and answer every question.

Name: _____

Today's date: ____ / ____ / ____

Age: ____ Yrs.

Sex: Male/Female (delete whichever inapplicable) (M = 1; F = 2)

At what time did you:

1. Settle down for the night? _____ Hrs. _____ Mins.

2. Fall asleep last night? _____ Hrs. _____ Mins.

3. Finally wake this morning? _____ Hrs. _____ Mins.

4. Get up this morning? _____ Hrs. _____ Mins.

5. Was your sleep: (tick box)

1. Very light ☐

2. Light ☐

3. Fairly light ☐

4. Light average ☐

5. Deep average ☐

6. Fairly deep ☐

7. Deep ☐

8. Very deep ☐

6. How many times did you wake up? (tick box)

0. Not at all ☐

1. Once ☐

2. Twice ☐

3. Three times ☐

4. Four times ☐

5. Five times ☐

6. Six times ☐

7. More than six times ☐

How much sleep did you have:

7. Last night? _____ Hrs. _____ Mins.

8. During the day, yesterday? _____ Hrs. _____ Mins.

9. How well did you sleep last night? (tick box)

1. Very badly ☐

2. Badly ☐

3. Fairly badly ☐

4. Fairly well ☐

5. Well ☐

6. Very well ☐

If not well, what was the trouble? (e.g., restless, etc.)

1. _____

2. _____

3. _____

10. How clear-headed did you feel after getting up this morning? (tick box)

1. Still very drowsy indeed

2. Still moderately drowsy

3. Still slightly drowsy

4. Fairly clear-headed

5. Alert

6. Very alert

☐

☐

☐

☐

☐

☐

11. How satisfied were you with last night's sleep?

1. Very unsatisfied

2. Moderately unsatisfied

3. Slightly unsatisfied

4. Fairly satisfied

5. Completely satisfied

☐

☐

☐

☐

☐

12. Were you troubled by waking early and being unable to get off to sleep again? (tick box)

1. No

2. Yes

☐

☐

13. How much difficulty did you have in getting off to sleep last night? (tick box)

1. None or very little

2. Some

3. A lot

4. Extreme difficulty

☐

☐

☐

☐

14. How long did it take you to fall asleep last night?

Hrs.

Mins

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References

1. Ellis, B. W., Johns, M. W., Lancaster, R., Raptopoulos, P., Angelopoulos, N., & Priest, R. G. (1981). The St. Mary's Hospital sleep questionnaire: a study of reliability. *Sleep*, 4(1), 93–97.

2. Murray, F., Bentley, S., Ellis, B. W., & Dudley, H. (1977). Sleep deprivation in patients undergoing operation: a factor in the stress of surgery. *British Medical Journal*, 2(6101), 1521–1522.

Representative Studies Using Scale

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